



THE TOOLS YOU NEED TO BUILD THE BODY YOU WANT®



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Workouts



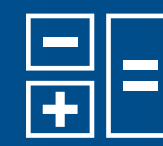
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VCS 3 STAGE BACK WORKOUT: VOLUME, CLUSTER & STRENGTH TRAINING

Build a beefy back using 3 distinct and powerful cycles. Lift rotation focuses on heavy strength building exercises, muscle building volume work and pump-inducing cluster sets.

Link to Workout: <https://www.muscleandstrength.com/workouts/vcs-volume-cluster-strength-back-workout>

Main Goal: Build Muscle

Training Level: Intermediate

Program Duration: 3 Weeks

Days Per Week: 1 Day

Time Per Workout: 60-90 Mins

Equipment: Barbell, Bodyweight, Dumbbells, Machines

Author: Steve Shaw

Weeks 1 - 3

Exercise	Sets	Reps
Deadlifts	4	3
Dumbbell Rows	5	10
Pull Ups	8	6

Weeks 4 - 6

Exercise	Sets	Reps
Barbell Rows	4	5
Lat Pulldowns	5	10
Deadlifts	8	4

Weeks 7 - 9

Exercise	Sets	Reps
Inverted Rows	4	5
Low Rack Pull & Power Shrug Combo	5	10
Seated Cable Rows	8	6